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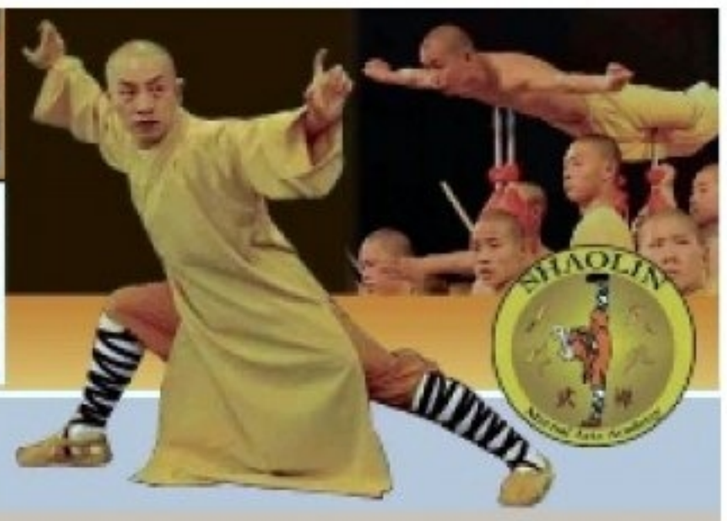

Vancouver metro

Your essential daily news | TUESDAY, SEPTEMBER 6, 2016

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GIANT PANDA OFF THE ENDANGERED LIST
metroNEWS

WELCOME BACK?

As classes begin, many are worried about the fate of 12 Vancouver schools on the chopping block

metroNEWS

THE CANADIAN PRESS

Politics of real estate

HOUSING CRISIS

Liberal strategy behind foreign buyers tax, says UBC professor

Public outcry over B.C.'s sizzling real estate market pushed the province's Liberal government to introduce a foreign-buyers' tax last month, but uncertainty around the policy leaves little room for political manoeuvring before next year's election, once the impact of the tax is better understood, experts say.

Max Cameron, a political scientist at the University of B.C, said the prospect of housing affordability turning into an election issue is "undoubtedly" what motivated the Liberals to step in with the tax.

"Their gamble is that it's better to look like you're doing something than to appear indifferent or tone deaf to the issue," Cameron said. "This is a government that is very single-minded about its electoral calculations. That's what drives its policy making."

On Aug. 2, the provincial government began levying a 15 per cent tax on all non-Canadians purchasing property in Metro Vancouver. It justified the surprise move as a bid to boost affordability for citizens looking to enter the housing market.

Cameron said the B.C. Liberals' strategy appears aimed at depriving the Opposition New Democrats of fodder to accuse them on the campaign trail of inaction on housing.

"The big fear on the part of the Liberals, to be blunt, is (NDP housing critic) David Eby filling town halls with angry residents saying, 'I can't afford to live in this place anymore and I'm moving out,' and the NDP capitalizing on that and carrying it forward as a central part of their campaign," he said. THE CANADIAN PRESS

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metro NEWS

Your essential daily news

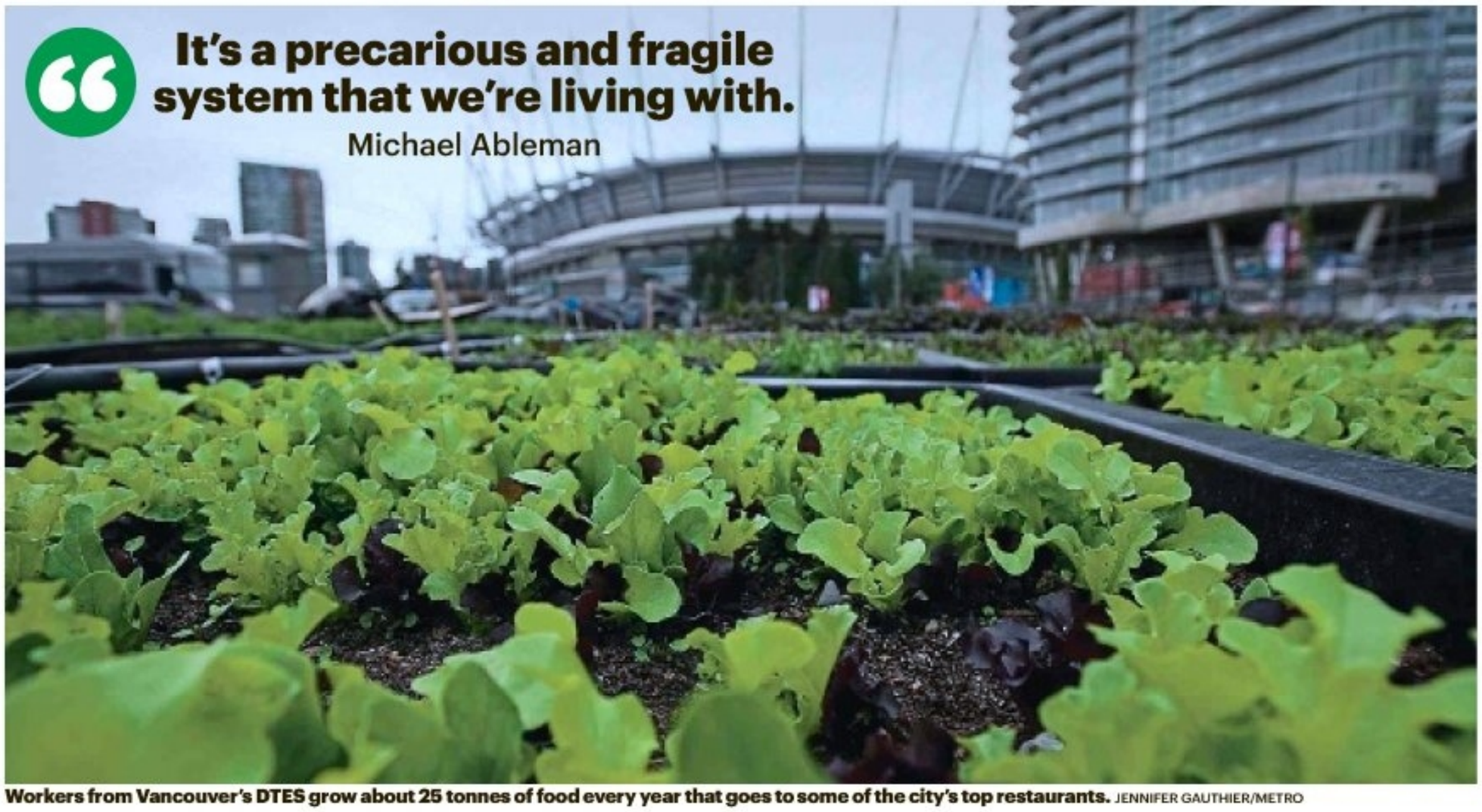
Apple's new iPhone 7 could see the end of the headphone port. **Business**

Urban farming hit inspires book

AGRICULTURE

Idea was far-fetched when Sole Food started in 2009

Wanyee Li
Metro | Vancouver



Workers from Vancouver's DTES grow about 25 tonnes of food every year that goes to some of the city's top restaurants. JENNIFER GAUTHIER/METRO

The success of one of North America's largest urban agriculture projects inspired its co-founder to write a book about the journey.

Workers from Vancouver's Downtown Eastside (DTES) grow about 25 tonnes of produce every year at Sole Food Street Farm — food that is sold at farmers markets and to some of the city's top restaurants.

"That is serious food," said Sole Food co-founder, Michael Ableman.

"Especially when you're thinking about salad greens — they don't weigh very much," he said, laughing.

But trying to find agricultural success in an urban setting was a risky step, back when Ableman and co-founder Seann Dory created the venture in 2009.

"Back then, when you used the words urban and agriculture in the same sentence people gave you weird looks," Ableman told Metro in a phone interview.

But the risk was worth it because their primary goal was to provide jobs and access to nutritious food to people who have addiction and mental illness issues. Working with living soil has physiological benefits, said Ableman, who has been farming since he was 18.

"We know that when you have something that you have to take care of, that you are responsible for, a living thing, there is a sense of a need to get out of bed and get there and deal with it."

Now 62 years old, Ableman has seen his company grow into four inner-city sites that include a 500-tree orchard, and 8,000 containers of crops. Sole Food employs about 30 people from the DTES every year, many who have been with the company since it started.

But his new book, Street Farm: Growing Food, Jobs, and Hope on the Urban Frontier, also takes a "frank" look at the challenges Sole Farm has experienced so far.

For instance, Sole Food loses up to $20,000 worth of food every year from rodents and theft — a problem that farms in rural areas do not have to contend with to the same degree.

This year, someone stole a couple thousand dollars worth of figs from the orchard near Main Street SkyTrain Station, said Ableman.

"That level of theft is not for nutrition; it's for re-sale."

As for the company's future, much of that hinges on the availability of space in a city increasingly crowded with developments, said Ableman.

"When we started there were lots of sites available, but now, every square inch has high value so it's a precarious and fragile system that we're living with."

The company's fate rests on the community and city's willingness to support it, he said.

Sole Food is holding a fundraiser Oct. 6 in its orchard at Main Street and Terminal Avenue, featuring a dinner cooked by six of Vancouver's most well-known chefs and live music.

People can find tickets when they become available on Sole Food's website.

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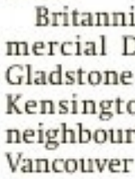
School closure decision looms

EDUCATION

Board will vote and make final decision on Dec. 12



Wanyee Li
Metro | Vancouver

Vancouver students are returning to the classroom under a cloud of uncertainty as some of them could be starting the year in their neighbourhood school for the last time Tuesday.

The Vancouver School Board (VSB) is reviewing the potential-closure list of 12 schools and voting on a shortlist on Sept. 26. A final decision, based on community input and staff reports, will be made Dec. 12, according to school board chairman Mike Lombardi.

But sometimes a report can't capture what is special about a school, said Britannia Secondary teacher, Kim Leary.

"We have a particular catchment of students who, for the most part, are very vulnerable," she said.

"I think for many of those students, Britannia is the lifeline, it's their home away from home."

Britannia, located on Commercial Drive, along with Gladstone Secondary in the Kensington-Cedar Cottage neighbourhood, are the two Vancouver high schools listed as potential closures.

Leary started teaching in Vancouver's oldest high school nine years ago. She did not choose Britannia, or even a teaching career — Britannia chose her, she told Metro.

She first volunteered at the inner-city school in 2005, when she was an accountant. But the people there made such an impression that she decided to switch careers.

"I was so blown away by the community and the children they serve here that I was like, yup, I want to be a teacher and manoeuvred and wiggled my way to being placed here as a teacher."

Britannia is a community school, which means in addition to after-school clubs and sports programs, it also runs weekend meal programs for children, activities for seniors, and a teen support centre.

But the school only has a 52 per cent enrolment rate, according to the VSB.

Sometimes those programs and classrooms are not filled to the brim but that doesn't mean they should be cancelled altogether, said retired community school co-ordinator Mike Evans.

"Everything is about numbers, how many kids, how many numbers," said Evans, who worked at Britannia for 35 years.

"Britannia has a lot of vulnerable kids. You also have a group of enriched kids who are in the International Baccalaureate (IB) program. You've got a hockey academy.

"If you have kids like that why do you want to have them in a big class? What you want is small classes with support."

Other schools, like Hasting-Sunrise's Queen Alexandra Elementary, fare better on the capacity spectrum, at 71 per cent, but are still on the chopping block. It's a school some people from outside the neighbourhood still seek out because of the friendly community it has built.

Former accountant Kim Leary started teaching in her 30s after she volunteered at Britannia Secondary and was inspired by the community. JENNIFER GAUTHIER/METRO

> **I think for many of those students, Britannia is the lifeline, it's their home away from home.**
> Kim Leary

"We went to our neighbourhood school first but I didn't like the school's atmosphere so I changed to Queen Alexandra and I am very happy about that," said South Vancouver resident Reiko Sugiura, whose daughter is in Grade 1.

"I was surprised about the big difference between the schools. We made a lot of friends in a short time and we felt very welcome."

Schools were placed on the potential closure list based on a number of factors including seismic risk, catchment area, and maintenance costs, according to the VSB's Long Range Facilities Plan.

The school board is dedicated to listening to community feedback, said Lombardi.

"There is lots of time for consultation and new information to come forward and our board has a good reputation on making changes based on new information and new development," he told Metro on Aug. 30.

But Evans acknowledged the school board is in a tough spot because of funding constraints.

"In some ways, their hands are tied," he said.

But the province defended its funding record of B.C. schools in a press conference last Thursday.

B.C. is sixth in Canada, putting the province in the "middle of the pack" when it comes to education funding, said Education Minister Mike Bernier.

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Patients fear the worst in private health-care case

SUPREME COURT

Advocates say lawsuit threatens entire public system

David P. Ball
Metro | Vancouver

Colleen Fuller, a member of Canadian Doctors for Medicare, says Dr. Brian Day's lawsuit against the province is a real danger, even if its effects are not seen for years. CONTRIBUTED

Colleen Fuller has lived with Type 1 diabetes for nearly 50 years.

The Vancouver resident credits her health being "as good as it is" to Canada's universal public health-care system.

"All that time in Canada I have never had to pay to see a doctor or to get any test or anything like that," she told Metro in a phone interview.

But on Tuesday, Fuller and her group Independent Patient Voices Network — which represents Canadians with chronic conditions including diabetes, Alzheimer's and cancer — are watching a court battle over that same Medicare system with apprehension.

Vancouver doctor Brian Day, owner of the Cambie Surgery Centre, launched his B.C. Supreme Court case against the province in 2010. He is arguing that patients have a constitutional right to pay for medically necessary treatments already covered by taxpayers, and that by forbidding the practice B.C. is violating their rights.

Day — whose 16,500-square-foot clinic describes itself online as the "only free-standing private hospital of its type in Canada" — insists that his challenge would simply allow patients the option of paying out-of-pocket for faster or specialized service and that long wait times for public care violate people's rights.

> If Brian Day wins this lawsuit, I don't know what I or people like me will do. Colleen Fuller

"Government wants to eliminate choice for Canadian patients suffering on wait lists and make private care illegal," states the Cambie Surgery Centre website. "This is a basic right enjoyed by the citizens of every other country on Earth."

Joining Day in court are four patients who argue their rights were violated by being forced to languish on medical wait lists.

But pro-Medicare groups like Fuller's, Canadian Doctors for Medicare, and The Council of Canadians say the lawsuit threatens the entire public system — even if its impact may not be seen for years.

"If Brian Day wins his case in court, the next day we're not going to wake up and find that Medicare no longer exists," Fuller said. "This is a process.... The more that the services are provided in the private sector, the less likely Medicare is to cover them.

"Although (Day) argues that he's fighting for patients and the right of patients to pay, he's actually fighting for the right of doctors to charge."

B.C.'s Health Ministry, which is named as a defendant in Day's lawsuit, told The Canadian Press that its priority is to uphold the province's Medicare Protection Act and the benefits it safeguards.

People with chronic medical conditions like Fuller have seen the difficulties that those with pre-existing conditions can have finding a private insurer to cover them. And seniors often face similar challenges getting coverage.

"These groups of people, including myself, would be uninsurable in a private health insurance market," she said. "The best system that we can have is one where we all pool our money so that we don't go bankrupt.

"But if Brian Day wins this lawsuit, I don't know what I or people like me will do."

IN BRIEF

Pilot dead after plane crash

The pilot of a small plane is dead after the aircraft crashed in downtown Powell River, B.C.

Cpl. Aubrey Hachey with the Joint Rescue Co-ordination Centre says the crash happened near an intersection around 11:30 a.m. Monday. Ambulance crews were able to get to the scene quickly because the crash happened in a central location, and they found the pilot deceased.

The pilot's identity has not been released. Hachey says there's no word yet on what caused the crash.

THE CANADIAN PRESS

Targeted shooting leaves one dead, say police

A woman is dead and a man has been critically injured following a shooting in the Fraser Valley on Friday evening.

RCMP say shots were fired in a rural area east of Chilliwack's city centre shortly before 8 p.m. Police say two victims were found with gunshot wounds.

A 52-year-old woman died of her injuries while a 23-year-old man was taken to hospital with injuries police describe as life-threatening. Cpl. Meghan Foster says the incident appears to be a targeted shooting.

THE CANADIAN PRESS

MLA goes from opposition benches to beekeeping

A three-term New Democrat member of the legislature has announced she will not run in the provincial election next year.

Sixty-six-year-old Maurine Karagianis has represented Esquimalt-Royal Roads since 2005 but says she is quitting politics because she wants to spend more time with her family and her new hobby of beekeeping.

THE CANADIAN PRESS

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The provincial government says calming the housing market was goal of tax. THE CANADIAN PRESS

Home sales plunge 26 per cent in area

ECONOMY

Tax on foreign buyers adds to cooling market, observers say

Home sales in the Vancouver area tumbled 26 per cent in August compared to the same month last year, as observers say a new tax on foreign buyers accelerated a cooling trend in the market.

The Real Estate Board of Greater Vancouver released the data a month after the British Columbia government implemented a 15 per cent tax on foreign buyers in Metro Vancouver in an effort to chill one of the hottest markets in North America.

Dan Morrison, president of the real estate board, said sales have been slowing down for several months. While the tax has added to the downturn, it's hard to say how much, he said.

"There's no question the foreign-buyers' tax is having an effect, and that effect is causing everybody to hold their breath and say, 'What's going to happen?'" he said Friday.

"Certainly the first two weeks of (last) month, we saw a lot of that. However, as the month progressed, we saw it returning more to normal, whatever normal is in Vancouver."

Morrison said the month ended about three-per-cent below the 10-year average for sales in August, signalling a return to historically normal activity after record-breaking sales earlier this year.

It will be months before the true impact of the tax is understood, he added.

While sales were down, the board also reported that the composite benchmark price for all residential properties was $933,100, a 31.4 per cent jump compared to August 2015.

Tsur Somerville, an associate professor at the University of British Columbia's Sauder School of Business, said he didn't think prices would decline but the rate of increases would slow down.

He said it's hard to quantify the effect of the foreign-buyers' tax without new data from the B.C. government, but he pointed out sales of detached homes dropped 45 per cent last month.

The detached housing market has been completely out of sync with incomes and that sector was thought to be most favoured by wealthy non-local buyers, Somerville said.

"That's the area that would be most sensitive in a correction and the area that would be most sensitive to the tax."

The B.C. Finance Ministry said it expects to release in mid-September the amount of revenue earned from the tax, and the number of foreign transactions in the second half of July and August.

Advanced Education Minister Andrew Wilkinson, speaking because the finance minister was unavailable, reiterated the real estate board's view that August's sales reflect a return to normal volumes after an overheated period.

"It's early to tell what the effect of the tax was, but certainly the market is calming down, which is in keeping with what the goal of the tax was."

New listings in the Vancouver area totalled 4,293 in August, a slight increase from the 4,281 units listed for the same month in 2015. But new listings were down 18.1 per cent from July.

The total number of properties listed in August was 8,506, down 21.9 per cent from a year earlier and up by 1.9 per cent from July. The real estate board said it is still a seller's market based on the data released Friday.

Royal LePage Realtor Adil Dinani said the impact of the tax is evident in the data, but sales are still relatively strong and underpinned by a booming condo and townhouse market.

Dinani said he was seeing price reductions in detached housing. Investors and speculators are now sitting out of the market, waiting to see the impact of the tax and the ongoing cool-down, he said.

"When the prices are going up, it's easy to jump into the market," he said. "Now, no one really knows what that segment of the market is doing. There's no rush to jump in, because prices may in fact retract."

He said the decline in listings is not a problem because homes are not selling overnight or over a weekend any more. Supply is still down year-over-year, but current conditions allow buyers to take time with decisions and negotiate good terms, he said.

THE CANADIAN PRESS

> "No one really knows what that segment of the market is doing. There's no rush to jump in, because prices may in fact retract." Royal LePage Realtor Adil Dinani

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UBC's e-sports team battles it out for the Collegiate StarLeague championships in Texas.
COURTESY UBC ESPORTS ASSOCIATION

Become the big LAN on campus

E-SPORTS

Collegiate gaming helps UBC students cover tuition

Colin McNeil
Metro | Toronto

As far as paying off your tuition goes, playing League of Legends beats the hell out of flipping burgers.

Just ask the University of British Columbia's e-sports association. In half a dozen years, they've racked up thousands of dollars in prize money playing video games such as StarCraft, DOTA 2 and Hearthstone.

So how does one get to be the big LAN on campus?

Collegiate StarLeague (CSL) — an organization that holds gaming tournaments for post-secondary students in North America — is a good place to start. Its latest season launches in October, with team registration underway now.

Think of it like the NCAA for e-sports.

Teams that make the finals in CSL-featured games get a shot at $175,000 in total prize money. That's a lot of textbooks.

If the idea of gaming scholarships and university e-sports competition seems bizarre, you'd better get used to it.

"I predict that within the next probably two years, it'll be the norm rather than the exception," said CSL head Duran Parsi.

For Vivian Chung, the DOTA 2 director at UBC eSports Association, the benefits for students are obvious.

Ricky Zhong, a UBC e-sports player, competes at Dreamhack Austin. COURTESY CSL

> **Within the next probably two years, it'll be the norm rather than the exception.**
> Duran Parsi

Playing on a post-secondary team "teaches you responsibility, maturity, how to deal with other people, interpersonal conflict and working hard and seeing the results," she said.

UBC's DOTA 2 team took home a first-place finish in the last CSL season, netting about $9,000 in prize money.

But it's not all play and no work for post-secondary players.

"We actually have academic requirements in order to compete in the league," said Parsi. You have to be in good academic standing and enrolled full-time, he said. "Every player on UBC is also a really good student.

"We're trying to combat the stigma that people who play video games are kind of degenerates. We have a lot of talented people who are really into gaming and are incredibly smart."

As for any parents dreaming of sending their growing gamers to school on CSL's dime, Chung tempers her enthusiasm for e-sports with some words of wisdom.

"It's very rigorous; unless a player is at the top tier of play, it may not be worth it," cautions the fourth-year business and computer-science student. The prize money is relatively small, at least compared to what some pros are earning, and the practice hours are long.

"It's all or nothing," she said.

10 TOP PRIZES TO GO IN BC.

Philip B. – Mission BC

Melody M. – Kamloops BC

3

4

5

6

7

8

9

10

11

12

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Vets fond of medical pot

MEDICINE

Data highlights popularity of drug with PTSD sufferers

When he opened a medical marijuana shop in Kingston earlier this year, Trevor Hands had little idea who his customers would be, how much they would buy or how his business would grow simply through word of mouth. He does now.

Business is booming for Hands, thanks in large part to an influx of business from a single demographic: former Canadian Forces soldiers.

A review of Veterans Affairs Canada data on medical marijuana users, obtained by The Canadian Press under the Access to Information Act, suggests the number of users has grown most dramatically in those parts of the country where marijuana shops and clubs cater to a local population of military veterans.

Are those businesses simply meeting demand — or creating it? Usage rates — and the commensurate federal costs — are generally higher in those areas where the stigma and barriers to medical marijuana use have been lowered or eliminated, said Zach Walsh, a University of British Columbia psychology professor.

Trevor Hands is the founder of Medi-Green. Business is booming for Hands, thanks to an influx of business from a single demographic: former Canadian Forces soldiers. LARS HAGBERG/THE CANADIAN PRESS

Marijuana clubs and shops play a key role in removing those barriers, he said.

"The reason we see higher concentrations in areas where it's promoted is because it gives the individuals with PTSD the opportunity to find out that it works," Walsh said.

Veterans are proving well-educated about the potential benefits of pot, said Mike Southwell, vice-president of Marijuana for Trauma, which helps clients to understand the drug and navigate the federal benefits program that pays for it. Once cannabis helps one veteran, they tell two others, and so on and so on, said Southwell.

"If a veteran tells another veteran about something that is working for disability, you can be guaranteed that they will tell a hundred other vets."

It's that kind of growth the federal government wants to get under control. The Liberals are expected to announce changes to the medical marijuana program in the coming weeks after years of exponential growth — and soaring costs.

This year, the program is expected to carry a price tag of $25 million. In 2008, when the government first started covering the cost of medical marijuana, Veterans Affairs had licensed users in only five so-called "forward sortation" areas, defined by the first three characters of a postal code. By 2012, there were 50 forward sortation areas with cannabis users. Three years later, it was 565; this year, 588.

THE CANADIAN PRESS

$25M

Expected cost of the medical marijuana program for 2016.

COURT

Hearing for 'knees together' judge due

A hearing is to begin Tuesday for a Federal Court judge who asked a sexual assault complainant why she couldn't just keep her knees together.

The Canadian Judicial Council is to determine whether Justice Robin Camp, who made the comments in 2014 while a provincial court judge in Calgary, should be removed from the bench.

Camp acquitted a man of sexually assaulting a 19-year-old girl after deciding that the man's version of events was more credible.

Court transcripts show Camp questioned the woman's morals, suggested her attempts to fight off her attacker were feeble and described her as "the accused" throughout the trial. He asked her: "Why couldn't you just keep your knees together?" and said "pain and sex sometimes go together." The verdict was overturned on appeal and a new trial was ordered. THE CANADIAN PRESS

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UBC

Coast guard talks water safety

RIVER

Advice triggered by accidental arrival of 1,500 Americans

People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich. Thousands of people gathered for the event and floated down the St. Clair River and ended up in Sarnia, Ont. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

The image of hundreds of Americans on inflatable rafts and makeshift platforms bobbing helplessly down the St. Clair River as strong winds pushed them towards the Canadian shore is one Peter Garapick isn't going to forget.

The Canadian Coast Guard superintendent of search and rescue was on the water near Sarnia, Ont., when the festive air of the unsanctioned Port Huron Float Down turned tense as participants realized they were drifting towards a foreign country without their passports, cash or much clothing.

Now, just two weeks after some 1,500 stranded Americans were rescued, corralled and shuttled home, Canadian and U.S. authorities have met to discuss how they'll prepare for next year's event.

"We will engage and start the conversation with people who think they're going to consider this and say, you know, start talking safety," said Garapick.

Authorities on both sides of the border have committed to work on a co-ordinated response for future events, and a plan to encourage safety and common sense on the water, he said.

The Float Down, which has been running on and off since the late 1970s, is "inherently dangerous," but nonetheless continues to attract participants looking for a party down the river between Michigan and Ontario, Garapick said.

This year's event, however, stood out for the sheer number of people who had to be helped by coast guard, border services and police after high winds blew floaters clear across the border on Aug. 21.

"We knew by nine that morning it was going to be a challenge," Garapick said. "We knew everybody was going to come our way, but it was sunny, the weather was half decent and the folks who do this are not boaters, they are not mariners and they don't think about that."

> **We knew by nine that morning it was going to be a challenge.**
> Peter Garapick

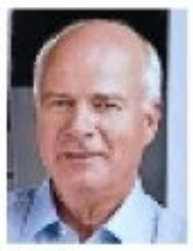
As participants were pushed towards Canada, a number of them panicked — many looked about in dismay as the floats they were on jammed together, creating a crush of inflatable devices. Others jumped into the rising waves and struck out for the U.S.

"This is where people die, they think they can make it," said Garapick. "We actually forced people back on their floats."

Garapick remembers pulling a woman who was four months pregnant from the water, watching in dismay as someone tried to swim back to the American side.

"A lot of people may have never left America before and now here they are going to a foreign country without any ID," said Garapick. THE CANADIAN PRESS

Mansbridge announces retirement



Peter Mansbridge

Veteran CBC news anchor Peter Mansbridge announced Monday night that his last day on The National will be next summer.

The network says Mansbridge will retire from the helm of its flagship news program after anchoring special Canada Day coverage next July 1, when the country will mark its 150th birthday.

Mansbridge's career has spanned nearly five decades, including 28 years at the helm of the desk as anchor and chief correspondent.

The CBC says he has covered every federal election since 1972 and anchored all 10 since 1984.

"As someone who believes strongly in public broadcasting, leaving the CBC's flagship will not be easy," Mansbridge told viewers Monday night. "But what's important is that 'The National' of the future will continue to reflect our world, our country and our people."

THE CANADIAN PRESS

Gyulzar Julia Yakobi, right, with grandson, Elio, and her daughters Nargis Hannah and Khadidzha Ada. CONTRIBUTED

Immigration saga due to math error, family says

Gilbert Ngabo
Metro | Toronto

Relief could be on the way for a Toronto woman embroiled in an immigration case that has left her stuck in Moscow for the past two months.

Gyulzar Julia Yakobi travelled to Russia for medical treatment in July. Her permanent resident card had expired, and the Canadian embassy refused to offer her a travel document to come back.

But that could change soon, according to information from Immigration, Refugees and Citizenship Canada.

"Should Ms. Yakobi decide to appeal the decision at the IAD, she would be entitled to a travel document to allow her to return to Canada pending the outcome of an appeal," said a spokesperson.

The family has already filed an appeal, claiming the whole saga emanated from a math error on behalf of the embassy staff, who claimed Yakobi had been physically present in Canada for only 65 days out of the past five years.

The required minimum time is 730 days out of five years, and the family says she hasn't left Canada since 2013.

Yakobi's daughter Nargis Hannah said they're hopeful the office will realize the mistake and correct it in time before more damage is done.

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Innovation is key, G20 leaders say

ECONOMY

'Inclusive growth' to spread benefits urged in China

China agreed to co-operate more closely with its trading partners on its politically volatile steel exports as leaders of major economies ended a summit Monday with a forceful endorsement of free trade and a crowded agenda that included the Koreas, Syria and refugees.

In a joint statement, Chinese President Xi Jinping, U.S. President Barack Obama and the leaders of Britain, Japan, Russia and other Group of 20 nations pledged to boost sluggish global growth by promoting innovation.

"The global recovery lacks momentum," Xi told reporters after the meeting. "We need to do more to unlock the potential for medium and long-term growth."

Leaders pose for a group photo during the G20 Summit in Hangzhou, China. GETTY IMAGES

There was no mention of a global stimulus or other joint action, which officials said earlier was unworkable because economic conditions vary widely from country to country.

In an effort to shore up public support for trade, the leaders promised "inclusive growth" to spread the benefits to people who have been left behind by wrenching change. That reflects a recognition that economic strains are fueling political tensions and a growing clamour to raise barriers against foreign competition.

The statement expressed "opposition to protectionism on trade and investment in all its forms."

The governments pledged to avoid devaluing their currencies to boost exports. They called for co-operation to reduce tax avoidance. They appealed for stepped up aid for surging global numbers of refugees and their host countries. THE ASSOCIATED PRESS

TRUDEAU IN CHINA

- Justin Trudeau says there's little risk that protectionist forces seen in the U.S. and Europe will spill over into Canada.
- "I'd be very careful and hesitant to apply situations that might be described in other countries to Canadians," Trudeau said Monday at the end of the Group of 20 summit.

WILDLIFE

Giant panda removed from endangered list

A leading international group has taken the giant panda off its endangered list thanks to decades of conservation efforts, but China's government discounted the move on Monday, saying it did not view the status of the country's beloved symbol as any less serious.

The International Union for Conservation of Nature said in a report released Sunday that the panda is now classified as a "vulnerable" instead of "endangered" species, reflecting its growing numbers in the wild in southern China. It said the wild panda population jumped to 1,864 in 2014 from 1,596 in 2004, the result of work by Chinese agencies to enforce poaching bans and expand forest reserves.

The report warned, however, that although better forest protection has helped increase panda numbers, climate change is predicted to eliminate more than 35 per cent of its natural bamboo habitat in the next 80 years, potentially leading to another decline.

In a statement to The Associated Press, China's State Forestry Administration said Monday that it disputed the classification change because pandas' natural habitats have been splintered by natural and human causes. THE ASSOCIATED PRESS

Decades of conservation work have paid off for the giant panda. AFP/GETTY IMAGES

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DRIVE AWAY TODAY!

Execs hone improv skills

EDUCATION

Role-playing helps students learn to think creatively

Instructor Kevin Frank reacts during an activity at Second City during an improv workshop for business people. TORSTAR NEWS SERVICE

Tiffane Wang is an audit director at the country's largest bank, and manages a team of three people.

After leaving the office one recent Thursday, the RBC employee became someone else. Or more precisely, something else: a cog in a pretend and totally pointless human machine along with five total strangers.

Wang, who graduated from York University with an MBA, is taking "Intro to Improv for Business" at The Second City Training Centre to learn skills that she was never taught in school. Introducing herself to the class, she said she hoped the course would teach her the confidence to move up in the bank. Maybe the lessons would also help her loosen up whenever she's put on the spot.

Once largely the domain of comedic actors, improv is increasingly becoming an accepted way for businesspeople — from students to corner-office executives — to hone interpersonal skills.

Business schools in Canada and the U.S. are taking note. Of eight Canadian business schools canvassed, half said they offered improv lessons as a required or optional course (Waterloo, McGill, UBC and Western). Improv is also taught in some top-tier U.S. business schools, including the Massachusetts Institute of Technology.

Daena Giardella, an actor and organizational team consultant, has given an "improvisational leadership" course at MIT mainly for MBA students and graduate-level university fellows since about 2007. The students role-play scenarios with a business twist.

It's not Saturday Night Live material, but Giardella says these improv students learn to think quickly and creatively.

"It teaches them how to think on their feet, how to use their imagination, to trust their creativity and to feel comfortable with vocalizing their ideas," she said.

The Second City's improv class in Toronto runs $305 for a seven-week course (21 hours total). One instructor, The Second City Training Centre in Toronto artistic director Kevin Frank, studied economics and sold computers for a living before he heard the siren song of improv and joined the troupe more than two decades ago.

The lessons are meant to encourage students to take risks and accept failures.

"It's for any person in business who would like to be an effective communicator, who wants to collaborate with others and come up with creative solutions," he said.

TORSTAR NEWS SERVICE

CABLE

Broadcast regulator examining skinny-basic TV

The national broadcast regulator and the country's four biggest television service providers are in for an earful this week over the rollout earlier this year of so-called skinny-basic TV.

The Canadian Radio-television and Telecommunications Commission will kick off public hearings Wednesday to discuss how the new, trimmed-down $25 packages have been offered to consumers.

Hundreds of complaints were filed with the CRTC and consumer groups in the weeks after the regulator mandated the packages, which came into effect March 1. Many complainants expressed disappointment that the long-awaited arrival of smaller basic TV packages and different channel choices didn't prove to be the deal they'd hoped for.

To the Consumers' Association of Canada, which received about 1,000 complaints in just six weeks, it appeared many cable providers were trying to discourage consumers from switching to the smaller offerings by making them as unattractive as possible, said the group's president, Bruce Cran.

While the packages themselves were mandated to cost $25 or less, that price often excluded routine discounts, such as those offered for bundling two or more services, but included extra fees for necessities such as the rental of a digital TV box.

THE CANADIAN PRESS

TECHNOLOGY

iPhone 7 could lose jack

Apple is expected to unveil the latest iterations of the iPhone at an event in San Francisco on Wednesday, and while only a minor refresh is anticipated, rumours that the devices will lack a headphone port have created a major flashpoint for iPhone devotees.

Steve Wozniak, who co-founded Apple with Steve Jobs, heads a list of commentators calling the presumptive move a bad idea that could trigger a consumer backlash.

"If it's missing the 3.5-millimetre earphone jack, that's going to tick off a lot of people," Wozniak told The Australian Financial Review last week.

Deutsche Bank analysts in their iPhone preview in July said the headphone jack will be removed in the new phones, which are expected to hit stores on Sept. 16.

Last week, Apple sent media invitations for the event on Wednesday, which is presumably being held to announce handsets dubbed the iPhone 7 and 7 Plus, along with a next generation of Apple Watch.

The invite hinted at an iPhone camera upgrade that may include a dual lens module with an added sensor for improved image quality. Apple declined comment.

Multiple online images have also highlighted the absence of an earbud jack on the new device, while the Deutsche Bank review said the removal will allow for a thinner and more water-resistant iPhone.

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metro VIEWS
Your essential daily news
Tuesday, September 6, 2016

METRO POLL

Is Labour Day the real New Year's?

In Canada, as in many parts of the world, we make our new year's resolutions on Jan. 1. But many of us, having been through at least 12 formative years' worth of Sept.-June school calendars, and being conditioned to prepare for the onset of winter, can't help but think of Labour Day weekend as the real turning point in the year. We asked our readers about it.

1 Which is the more important 'new beginning' in your life — the day after Labour Day or Jan. 1?

2 What excites you most about fall?

62% Hockey/football season is starting
20% Winter is coming
18% School is back in session

3 What bums you out most about fall?

70% Winter is coming
13% Hockey/football season is starting
11% School is back in session
6% Everything

WE ASKED Metro readers

New Year's is a great party but I've always thought of it as the middle of the year.

For Canadians, winter means real life. So fall is the time to get down to business.

They are both arbitrary dates on the calendar.

I hate the winter so so so so much. I just really hate it.

visit metronews.ca
HAVE YOUR SAY

A berry rivalry that you likely didn't know about

URBAN COMPASS
Petti Fong

From the west coast to the east coast, blueberries are in abundance.

In Nova Scotia, wild blueberries are Canada's No. 1 fruit export, popular in the U.K., Japan, Germany, the U.S. and other countries.

Canada is the second-largest blueberry producer in the world, behind the U.S. and ahead of Poland, Germany and Mexico.

Blueberries are a uniquely American crop. They weren't introduced in Europe until a century ago. On the East Coast, wild blueberries, which grow on the ground when the soil is acidic enough, can blanket fields as far as the eye can see. It's taken tens of thousands of years for conditions to ripen to the point where it is now a major industry.

In British Columbia, 11,300 hectares of high bush blueberries yield 77 million kilograms each year.

In Nova Scotia, export sales of wild blueberries generates $100 million in export sales.

Blueberry producers in the east — Atlantic Canada, Quebec and Maine — are casting a wary eye on the West-Coast market over its primary geographic advantage. Wild blueberries don't grow here, but B.C. is better positioned for another reason. You guessed it: B.C. is closer to China.

"I hear you got a lot of investors down west from China," says blueberry farmer Art Sargent, of Parrsboro, N.S. "Send them our way. We need them. This tariff is really harming us. We all want into China to sell our blueberries. B.C. can sell theirs, I have no problem with that, but our wild blueberries, which you can't get anywhere else, should be going to China."

The tariff amounts to a 47 per cent tax on wild blueberries shipped to China. Chile, in comparison, has negotiated a deal with China and pays no taxes on its blueberry exports.

Wild blueberry producers have been lobbying Liberal MP Bill Casey to raise the issue with the government's negotiators who went to China with Prime Minister Justin Trudeau.

"B.C. is not our enemy," says Tom Trueman, another producer. "But they have a lot of advantages that we don't have. They have high bush blueberries. They have investors from China that we don't have. There is an extra value in wild blueberries that more people need to recognize."

Peter Rideout, executive director of Wild Blueberry Producers Association of Nova Scotia, says studies show that wild blueberries, which are picked right from the ground by hand or machine, have more antioxidants than bush blueberries.

"Asia is a very significant market for us," he says. "More of our wild blueberries need to find their way there."

It's a crucial market for Nova Scotia farmers.

They have lots of wild blueberries because it's been a strong year, but demand is low. With production costs high and abundant crops, prices, to be determined in October, are going to disappoint many.

That means there are lots of wild blueberries down east hoping to find a position not already jammed by British Columbia blueberries.

ROSEMARY WESTWOOD

Remote property listings offer an alluring fantasy of fair value

My brother's new(ish) home in Vancouver is not what I, growing up, imagined you'd call a million-dollar home. But of course, in today's market, it's worth even more than that.

It is lovely. A big open kitchen overlooking the two apple trees and rose bushes, a full suite to rent out in the basement, intricately detailed wood floors and enough room for his little family.

But it's really a lovely average home, at the average — and yet astounding — price of real estate in this city.

Sure, we're almost getting used to these price tags (or hearing about them, anyway), but astronomical real estate costs have also spawned a new pastime: contemplating the amazing deals that can be found, if only you'd agree to radical relocation. Even those, like me, who couldn't afford a shed in Flin Flon, can't resist the click.

Instead of shucking out an average $710,000 for a home in Toronto, for example, you could spend a fraction of that — just $135,000 — for a historic 100-year-old two-bedroom cottage on 3.47 acres in P.E.I., a short stroll to the fishing harbour and beaches.

Can't you just imagine yourself playing bocce ball on that rolling green lawn, and plodding barefoot in the morning over that worn, buttery old wooden floor to pour your first cup of coffee? You could literally own this home for less than a "conventional" 20 per cent down payment in Toronto.

Even that medieval castle in England for $2.48 million seems a like steal, given that average home prices in Vancouver are only about half that right now.

Actually, that castle is about the same cost as a run-down, three-bedroom, two-bathroom home in Vancouver, on a meagre 33-foot lot (though it does have ocean views).

Compare that to the view of your own personal 14.5 acres from the ancient windows of your literal castle, which has, naturally, eight bedrooms, seven bathrooms, and, of course, a moat.

Let's be clear: Unlike the Vancouver house, we're not talking tear-down. We're talking sprawling stone walkways, beamed ceilings, sprawling gardens, and a soaker-tub set in the old turret.

Never has the New York Times "What you can get for ..." real estate feature seemed more appealing than now, when that $740,000 you might dream of paying for a home in Toronto's Corso Italia gets you a mid-century, three-bedroom, three-bathroom open-concept mid-century home on Lake Champlain in Vermont.

You've always wanted lakefront property right? That three-storey peaked ceiling with large, lazy fans hanging down? That whole wall of floor-to-ceiling windows? That wide, sun-soaked deck?

Maybe you could even get a sailboat ...

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Your essential daily news

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Your essential daily news

Fashion police: 800 shops shut down in Iran for selling "inappropriate" clothing

Parents face the 'dreaded September'

MENTAL HEALTH

Families grieve when millennials fly the nest, finally

Genna Buck
Metro Canada

This week, Tony and Lorelei Woolridge waved goodbye at the same spot in the St. John's, Nfld. airport where they've shed tears nearly every September for the past eight years. Lorelei calls it "the escalator that takes my children away."

Her daughter Julie, 25, was the first to go, at age 17, on a soccer scholarship to Farleigh Dickerson University in New Jersey. Then her oldest, Erin, 28, left to study naturopathy in Toronto. Finally, Carolyn, 21, went to Acadia University in Nova Scotia. She just headed back for her fourth year. That was the hardest.

"This time I was just sobbing," Lorelei Woolridge said.

Despite all the talk of millennials being too attached to their parents, most do eventually fly the nest. And when those close bonds are finally tested by distance, parents are often surprised by the depth of their sadness.

Tony Woolridge knows the feeling. Though he's immensely proud of his successful, independent kids, he said he's "miserable" the first week without them. "Both of us are not really fit to speak," he said.

"We both miss them, but I worry about the little things more," he said. His recent concern is Erin, who has been looking for an apartment: "If there's something that a dad should do, and I'm not there to do it, that frustrates me. If she was home moving from one apartment to the next, I could get a truck and move her."

For new empty-nesters, "Distress can be severe, not unlike the experiences of those going through the stages of grief and mourning," consumer studies professor Carolyn Curasi wrote in a 2013 study of Irish, English and American mothers. Some participants even reported needing antidepressants and sleeping pills to get through the upheaval.

> **If there's something that a dad should do, and I'm not there to do it, that frustrates me**
> Tony Woolridge

Nicole Mills, a single parent from Mississauga, Ont., is well acquainted with the grieving process. She refers to the drive to Laurentian University in Sudbury with her daughter Jada, 19, as "the dreaded September."

"The void is quite big. Not seeing her shoes at the door can be rough," Mills said. "This year she asked me not to cry. Well, that didn't go over too well. But I don't believe I was as bad as I was the first year."

Mills, too, wants to be there for little things Jada needs. She'd like to cook meals so her daughter could concentrate on her second-year biology and psychology courses, and her goal of getting into veterinary college.

"If I could impart anything to other parents: As long as you know you've raised your child with basic life skills and confidence, they will move mountains," Mills said.

As a mother who has been through the process three times, Lorelei Woolridge advises bereft parents to stay connected on FaceTime and Skype. It's how she coped with the "emotionally destroying" impact of being apart from her girls for special occasions like Julie's engagement.

And it helped to spend those difficult first few days after saying goodbye at a cottage with her husband and extended family. It "was like medicine," she said.

Nicole Mills struggles — and cries — every September when she helps her daughter Jada, 19, pack up and head out on the drive from Toronto back to Laurentian University, five hours north in Sudbury, Ont. CONTRIBUTED

"My sisters-in-law came put their arms around me and gave me a hug and said, 'How are you doing, are you alright?' And they tell me, 'We're going to take care of you and get this off your mind.' They're recognizing the loss too. It is a loss."

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Everyone has a savings strength

ADVICE

Discover what you excel at to make money in the long term

Gail Vaz-Oxlade
For Metro Canada

So often when the talk turns to money, people avert their eyes or scuff their toes against the ground, bashful to even get into the conversation. Not surprising really, since when the talk turns to money, most often it's about what we're doing wrong.

Here's the thing: You can't be doing it all wrong. You just can't. And so maybe what you need to do to open up the conversation with yourself (your partner, your best friend, your sister-in-law) is to focus on what you're doing right.

I'm good at discipline. I may hate collecting receipts and writing down everything I spend, but I do it. I may hate having to post all those spending-journal entries into my monthly budget, but I do it. I may hate picking up the telephone and making the call to get a fee adjusted or a service charge removed, but I do it!

Knowing what you're good at is a great place to start when you're trying to figure out how to make things work better with both your money and your life.

Let's say you're really good at finding a bargain, but you're not so hot on the pay-yourself-first savings approach. It doesn't matter that you pay yourself first and the money is whipped away to an account, if by the end of the month you've had to transfer that money back because something cropped up and you need the "savings" to stay even in your account.

Okay, let's take your strength and turn it to the problem with your savings. Sure, you're great at spotting a bargain and shopping smart. But if you never realize the savings ... if you never take that money out of your wallet and put it somewhere you can't spend it ... you actually haven't saved a thing.

So now you're going to use your smart shopping as your springboard to save. Open up a savings account called "Smart Shopping" and every time you save so much as a nickel by shopping smart, save that money (perhaps in a jar at home first until you've accumulated $10) by moving it to your Smart Shopping account. Now every time you look at your balance, you can see what a smart shopper you are, because you'll have an ongoing running total of your brilliance.

Finding and working to your financial strengths will help you battle and improve your financial weaknesses. ISTOCK

The point is that most often you need to find the motivation to do things differently.

Use a strength to pull your areas of weakness into the sunlight and eventually overcome them. Knowing what you're doing right and moving from strength to strength makes way more sense than always beating yourself up for what you've been doing wrong.

ASK YOURSELF

Are you good at ...

- Getting the best deals?
- Making your own stuff or fixing things?
- Sharing what you have with others?
- Keeping track of your money?
- Deferring the little pleasures so you have the money for the really big thing?
- Finding the highest return on your savings account?
- Finding ways to earn extra money when you need it?
- Stretching a dollar?

DATING ADVICE

Breadwinner may have to support partner who earns less

Sofi Papamarko
For Torstar News Service

I ask matchmaking clients personal questions. Sometimes, they're uncomfortably personal. But there's one personal question I'll never ask because it's none of my business: what's in their bank account.

This rule has gotten me off the hook more than a few times. Like when a female matchmaking client requests to be matched with a man who pulls in no less than a six-figure salary. Or when a male matchmaking client expresses his discomfort at the mere thought of dating somebody who makes more money than him.

In such cases, I heave a mighty inward sigh and say: "Sorry, I don't ask clients about their income."

Money does matter, but personal finances should not be a factor in the search for lifelong companionship. Jobs come and go, careers are often in transition, smart (and/or terrible) financial decisions can sometimes be made. What's important is how you and your partner handle your finances as a team through life's inevitable ebbs and flows.

When Amanda Scriver first made the leap from 9-to-5er to freelance writer, her partner Simon Gilbert supported her emotionally and financially (Gilbert has steady work as a café manager). A somewhat awkward period of adjustment followed.

When Scriver first started her freelance business, she had the foresight to meet with financial planner Shannon Lee Simmons of the New School of Finance.

"(Simmons) really helped me set goals for myself," Scriver says. Simmons recommends talking openly and honestly as a couple about pressing financial matters.

"There's nothing worse that a giant money elephant in the room," Simmons says. "It leads to frustrations and resentment on all sides."

She suggests creating a budget together and sharing your fixed costs equitably, not equally.

"Figure out the equitable share by dividing each partner's take-home income by the monthly household take-home income. That should be the percentage that they contribute to shared household expenses," she says.

"Make a plan together that makes everyone feel heard and appreciated. It takes two to be financially fabulous," says Simmons, who offers a best-selling online financial course for couples titled Budget With Your Boo.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia

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Kids strive to be picture perfect on Snapshots

PHOTOGRAPHY

New CBC show helps young shutterbugs hone skills

Sara Lake usually reaches for her tablet, a Polaroid or her dad's phone to capture images, but her recent use of a fancier conventional camera offered a whole new lens into the world of photography.

"(It has) more zooming effects, so it makes everything look way more clear," said the bubbly 10-year-old. "Sometimes it's hard to zoom in, or when you press the button and sometimes it doesn't click properly," she admitted. "It's difficult, sometimes, but it's really fun." Sara is one of several young shutterbugs getting a hands-on education on the finer points of photography on the CBC-TV children's series Snapshots, which premieres Saturday. Each episode sees three youngsters take part in photography challenges aimed at fostering competition, developing their skills of the craft and showcasing their knack for creativity.

Mentors are present to offer guidance to competitors on how to adjust their cameras or position their bodies to capture the ideal images.

Photography experts later judge from among their best photos. Meanwhile, a companion website (www.cbc.ca/kidscbc2) will allow kids across Canada to compete in a digital spin-off contest based on the challenges featured in the show.

> **Kids on this show love photography and love an opportunity to learn about it and showcase their skills to other people.**
> Snapshots host Dalmar Abuzeid

"The kids that are on this show love photography and love an opportunity to learn about it and showcase their skills to other people," said Snapshots host Dalmar Abuzeid. "They're able to talk about what they like about their shots. They're able to talk with their peers. They're able to talk with their mentors. I think that's so important, and I think that really shows with the quality of the pictures that the kids take."

Fellow Snapshots contestants Kayla St. Ange and Brayden Williams, both aged nine, each make use of their tablets for photos. Kayla said she likes to snap images of graffiti and the sea, while Brayden's vast range of photo subjects includes sunsets, sports and animals.

Both said they've gained valuable skills through participating in the photo competition series.

"I've learned how to do a proper angle because the mentor taught us a lot about that," said Kayla, who said the key is to move to a lower position to find a "nice one." Added Brayden: "I've learned how to get the full body in (to a shot), and I've learned landscaping, which is (shooting) horizontally, and I use portrait, which is (shooting) vertically."

Abuzeid said he's picked up a few photography pointers as well, such as the different aspects of backlighting and focusing images. He also marvelled at the ability of the youngsters to receive criticism of their work.

"If I was eight or nine and I was getting critiqued on my work ... I don't know if I'd be able to take in that information and apply it, but I think the kids on this show are really listening. "When they hear they need to incorporate more light into their photos, I feel like they're going home and they're taking those notes." THE CANADIAN PRESS

Snapshots host Dalmar Abuzeid, centre, is seen with series contestants, left to right, Luke Bianco, Simone Miller, Tristan Ly and Sara Lake. THE CANADIAN PRESS/CBC HANDOUT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Sci-fi drama Zoo throws up some comedic gold

In Zoo, character Mitch, the world's leading (um, only) veterinary pathologist, says things like, "I'm going to introduce seven genome fossils into his DNA." CONTRIBUTED

THE SHOW: Zoo, Season 2, Episode 11 (CTV)
THE MOMENT: "It's complicated."

Animals are killing humans in coordinated attacks. Evil General Davies (Peter Outerbridge) wants to release TX gas worldwide to kill them all. But a rogue unit — zoologists, soldiers, a reporter and a politico, who are circling the globe on a two-story, tricked-out plane — is working against the clock on an alternate plan.

"Why does Davies think you have the TX gas formula?" zoologist Jackson (James Wolk), panting, asks his long-lost scientist father Robert (Ken Olin).

"Because I created TX," Robert answers, panting. "You want to kill all the animals and 2.2 million people?" Jackson pants. "It's complicated," Robert pants.

Is it ever. I would love to be in the writers' room, because clearly, anything goes. "Hey, let's use electrified ants as a defibrillator!" "Great! How about if everyone inexplicably goes to Helsinki and a reindeer herd runs over a car?" "Only if Davies releases a rampaging gorilla in the Russian embassy!"

Team boss Mitch, the world's leading (um, only) veterinary pathologist, who says things like, "I'm going to introduce seven genome fossils into his DNA," is a cynical misanthrope. Naturally two rebels are hopelessly in love with him: politico Allison (Joanne Kelly), who wears pencil skirts as loungewear; and reporter Jamie (Kristen Connolly), who puts her head in her hands and sighs a lot (that trait is accurate).

Despite their animal problem, they apparently have solved the fossil fuel problem, because the plane never stops. Episode 12 heads to the mysterious island of Pangea, where (extinct) sabretooth cats roam. I can't wait.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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YOU CAN DO THIS HAIRSTYLIST/BARBER

'Hairstyling is an art form'

WHY I LIKE MY JOB

Sargon Daved, 28, Senior Stylist at Salon Mirage & Spa in Hamilton, Ont.

As a child, I preferred playing 'salon' to 'house.'

I always knew I wanted to do something creative professionally, but I didn't know where to start.

At first I pursued fashion design; however, I soon learned that the profession didn't favour my social style. My entire day was spent with a sewing machine, and although it might be for some people, it wasn't for me.

That's when I decided to sign up with Marvel Beauty Schools for hairstyling.

It was an intensive, 10-month program that taught me everything from short cuts to wig and hair enhancements.

I knew I was cut out for the industry when I accepted my first full-time job and watched in amazement as my book of clients began to expand.

For this, I thank my gift of the gab. If there wasn't a social aspect to my job, I don't know how I'd function.

Hairstyling is an art form. I love giving my clients advice about their hair, and often joke that their self-confidence is in my hands.

In a way, I'm in control of how they feel about themselves — and despite the pressure, it motivates me to ensure each client walks away feeling confident and fabulous.

See more of Sargon Daved's hairstyle creations on Instagram, @sargon.daved. CONTRIBUTED/INSTAGRAM

THE BASICS: Hairstylist/Barber

$28,750

Median annual salary for an entry-level hairstylist or barber. Experienced stylists can expect to earn an average salary of **$42,500.**

+12%

Projected job growth rate over the next 8 years

Data for this feature was provided by payscale.com, jobbank.gc.ca, academycanada.com and onetonline.org.

HOW TO START

Generally, an apprentice must accumulate approximately 3,500 hours of on-the-job and in-school training to be considered competent in the trade. This can take up to two years; however, most trade programs administer training within a public salon to give students direct access to clients.

Typical courses can include client service, cutting and styling, colouring, chemical hair relaxing and salon operations. After completing the mandated work hours, graduates are eligible to write the interprovincial journey-person examination to be recognized as certified specialists in the trade.

WHERE YOU CAN GO

With the exception of buzz-cutting robots, advanced technology likely won't replace the need for trained hairstylists or barbers. In fact, most clients seek personal connections and trusting relationships with their stylists.

Job prospects are particularly promising for barbers, colour technicians and aspiring salon managers.

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Why women aren't wearing bras

STYLE

Fashion and feminism collide in latest trend

In ancient Greece, women wrapped bands of linen across their chests. In the 1500s and beyond, restrictive corsets were commonplace among the higher classes of Western society. In 1914, American socialite Mary Phelps Jacob patented the first modern brassiere.

Since then, there have been bullet bras and WonderBras and sports bras and the "world's sexiest bras," as Victoria's Secret claims, and all sorts of padded and plunging and push-up varieties. But in summer 2016, many women decided to ditch them all.

Across the pond, the Evening Standard declared "Free the Nipple" was this summer's biggest fashion trend, though not always tied to the feminist equality movement of the same name.

Celebrities like Kardashian-sister-turned-model Kendall Jenner have made headlines for going bra-free — in her case, following a blog post where she wrote, "I really don't see what the big deal is with going braless."

Plenty of Toronto women agree. Some cite fashion, others feminism, and many just basic comfort. Whatever the reason, it's a clear rejection of the push-up bras and uniform silhouettes long peddled by lingerie retailers.

"The pendulum is swinging the other way," says Catherine Hundleby, a professor of women and gender studies at the University of Windsor. "Many women, mainly small-breasted women, are enjoying a freedom."

(From left to right) Dayna Armstrong, Laura Beeston, Nekesa Mbadiwe, Britt Caron and Bora Meraj are embracing the bra-free trend. MELISSA RENWICK/TORONTO STAR

That's the case for Britt Caron, a child and youth worker in Toronto. A self-described small-chested woman, she wore padded bras when she was younger, but now, at 27, skips wearing a bra as often as possible for comfort reasons. "I'm a feminist, and a big fem-activist, and I believe women can do whatever they want, and should do whatever they want," Caron adds. "I don't believe women should feel pressure one way or the other."

During conversations of bra-free comfort, feminism is sometimes the undercurrent. Hundleby says the trend is rejecting uniformity in the fashion world — that women should all dress the same way, and wear the same bras. "Men aren't expected to hide their nipples, but women are expected to hide our nipples," she adds. "This is a response to that, fashionwise."

> **"I don't believe women should feel pressure one way or the other.**
> Britt Caron

The shift has also led to a rise in interest in 'bralettes,' a padding- and underwire-free option found at retailers like Aerie, the American Eagle Outfitters-owned lingerie company known for its unretouched models. Google Trends shows interest in bralettes has been on the upswing since summer 2014, and peaked in July 2016. After promoting cleavage-boosting bras for years, even Victoria's Secret has dubbed bralettes as "sexy," according to one of their 2016 ad campaigns. (The company is still the clear industry leader, controlling more than 60 per cent of the U.S. lingerie market, but its sales are down, says the Wall Street Journal.

This change in consumer demand is happening against the backdrop of France's burkini ban and ongoing hurdles facing mothers trying to breastfeed in public. And it's creating a striking contrast: While many women around the world are policed for their clothing choices, others have the comparative freedom to go bra-free and, in the case of celebrities like Kendall Jenner, flaunt nipple piercings publicly.

That's raising eyebrows among some feminists. Jean Golden, a professor of sociology at Ryerson University, says the bra-free trend isn't a substantive feminist issue, or a political movement. "It's a personal choice, especially for young women, framed by the hyper-sexualized media portrayal of young women's bodies," she says. "It does not address systemic sexism. It could be argued it feeds into it."

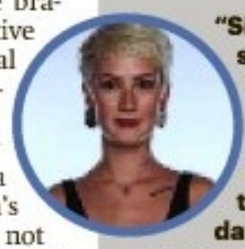
TORSTAR NEWS SERVICE

QUOTED

"I didn't realize how constricting bras are until I stopped wearing them."
Nekesa Mbadiwe, 21, freelance writer

"For me, it's about being comfortable, and liking how I look. I think if you want to wear a bra, that's great. If you don't, you don't."
Dayna Armstrong, 26, floral designer

"I like the shape of my breasts. You put on a bra, and it's too round, too perfect. It doesn't look like that."
Bora Meraj, 26, bookstore employee



"Since I've stopped wearing bras, when I do wear one, I can barely get through the day."
Britt Caron, 27, child and youth worker

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LEARNING CURVE

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Students, you're not in Kansas anymore.

Studying at university is a lot different than high school. It requires independence and much more hitting the books, says Jillian Rankin, a counsellor at Mount Saint Vincent University In Halifax.

For every hour students spend in class, Rankin says, two hours should be spent outside of the classroom studying that material. A regular full-time course load is like having a full-time job and requires effective time management, she adds.

"It's often difficult to find that work-life balance," says Rankin.

At the beginning of the semester, she recommends plotting out a schedule for the term, inputting when assignments are due and highlighting the dates of tests, midterms and exams. From there, students should develop a monthly study plan to determine what they need to do to stay on top of their workload.

"What we find is it decreases the likelihood people are going to be overwhelmed when the due dates come," says Rankin.

Rankin recommends reading the required textbook material within 24 hours of the next class to be prepped for that session. Within 24 hours of a class ending, students should review the material — be it notes or readings — that was covered.

"What this does is move the information they are learning from their short-term memory to their long-term memory," says Rankin.

When studying for tests and exams down the road, preparation will require more of a review rather than re-learning the material.

When reviewing material, students need to figure out what approach works best for them — be it studying with classmates, reading material out loud, recording and listening to it later, creating flash cards, or something else.

Rankin says students should experiment to find what style works best for them.

Beyond all this, it's also critical for students to take care of themselves. If stressed out, they're likely going to have trouble retaining information and sleeping. Getting enough rest, eating well and exercising are critical to academic success.

And don't forget there are resources on campus to help, such as study skills workshops and counsellors to work one-on-one to keep students on track.

ISTOCK

Getting ahead of the game

Effective time management is crucial for students.

Quenta Adams, the interim director of student academic success at Dalhousie University, says time management is about structuring one's time to make the most of it.

"It's important to prioritize and have a little structure," she says

Apps are a popular option for students to manage their schedules, but good old fashioned pen and paper is also remarkably effective. Adams is a fan of the latter approach. She recommends using a calendar, either a monthly one or longer.

At the beginning of the semester, students should note when their assignments are due, tests and midterms are scheduled, and any other important dates.

Adams recommends using a colour coding system to highlight and differentiate between entries, so at quick glance students know what's coming up.

"It's a great visual aid," says Adams.

There are also other things students can do to make managing their time easier. "I think it's a really effective strategy to chunk out the assignment," suggests Adams.

Instead of working on assignments close to the due date, chip away at them throughout the semester. This allows time for feedback and revisions, while taking the pressure off as deadlines approach.

The same approach can be used when studying for exams.

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@vln39 Vancouver Learning Network

Love of fashion takes shape for design novice during sewing class

When Syahidah Ismail was looking for a way to make her fashion ideas come to life, she turned to The Cutting Room — a one-stop shop for ideation, design, pattern making, sourcing, sampling and production that also offers a range of classes.

"It's a welcoming and creative atmosphere," says Ismail, who completed the organization's eight-week sewing class. "The people who work at The Cutting Room are passionate about what they do. Anytime during the class, professionals in the fashion industry would also be working in the same space, so I got a glimpse of what conversations and thought processes happen behind-the-scenes."

The Cutting Room was founded by Liza Deyrmenjian, a fashion industry veteran with more than 25 years of experience in apparel design and production. Ismail says despite the founder's clout, the environment in which she learned was a stress-free way to dip her toes into the fashion industry.

"Quyem Lam was helpful in teaching me the basics of sewing," she says of her instructor. "She pushed for good work but was also very patient with me as I was a beginner at sewing. I felt very supported throughout the course and my unique sense of fashion and style was reaffirmed."

CONTRIBUTED

Having completed three sewing projects during her time in the course, which sparked her curiosity about the process of design, Ismail says she hopes to take The Cutting Room's fashion design class next.

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How to set yourself up for a doggone sweet career

Starting this October, Sprott Shaw College will give students the know-how and skills to work as veterinary assistants — while opening doors to other career options.

"Our new veterinary assistant program is for those who want to work at the front desk of vet offices, animal shelters or hospitals, vet supply companies or even boarding kennels," says Yatan Anand, a career advisor at the school.

"However, the office skills they gain are transferable to other office environments. Graduates will also be able to challenge some of the veterinary technician courses once they have some work experience."

To be facilitated from the school's Richmond campus, the 33-week program will focus on administration, human relations, animal restraint, disease control prevention, animal care and medical care. Students will also have the opportunity to complete a career development course that includes resumé preparation, and a four-week practicum, and have access to employment services specialists and refresher courses.

"Sprott Shaw as an institution offers lifetime refresher courses so if a student wants to come back five years down the line to retake a course, they can do so at only the cost of textbooks," says Anand. "This ensures they stay on top of the skills that are in demand by employers."

Anand says having monitored veterinary assistant career trends over the past few months, prospects for graduates are very strong.

Want to learn more?

For more information, visit sprottshaw.com.

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Program	Campus
Automotive trades Tuesday, September 6, 11 a.m. - lobby, 4th floor	Broadway
Adult upgrading Tuesday, September 6, 3:30 p.m. - room B1208	Broadway
University transfer Tuesday, September 6, 3:30 p.m. - room B1208	Broadway
Teaching English to speakers of other languages (TESOL) Wednesday, September 7, 11 a.m. - room 1227	Broadway
Wedding and event management Wednesday, September 7, 12 p.m. - room 526	Downtown
Building service worker Wednesday, September 7, 1 p.m. - room 526	Downtown
Sports and recreation management Wednesday, September 7, 5 p.m. - room, 237	Downtown
Access to careers and education Thursday, September 8, 11 a.m. - room 236	Downtown
Fashion arts Thursday, September 8, 1 p.m. - room 920	Downtown
Dietary aide Monday, September 12, 1 p.m. - room 237	Downtown
Volunteer management Monday, September 12, 4 p.m. - room 237	Downtown
Samsung repair technician Wednesday, September 14, 6 p.m. - room 1227	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

VCC.CA
604.871.7000

CONTRIBUTED

College and tech firm unite to create repair program

Starting this October, a new partnership between Vancouver Community College (VCC) and Samsung Electronics Canada Inc. will make the school the only Samsung-certified appliance repair trainer in Western Canada.

"The Samsung and VCC partnership is an excellent example of the importance of industry joining with colleges to train students for today's technologies," says VCC president, Peter Nunoda. "Students get the most relevant education for the marketplace delivered by experienced instructors in a college setting."

Having successfully delivered a similar appliance repair training program at a Toronto college, Samsung wanted to provide the same training in Western Canada and turned to VCC. The result is the 10-week, part-time Samsung Tech Institute - Appliance Repair Technician - Professional Pathways program, which will focus on offering students practical training on the latest appliances to ensure they can operate, diagnose and service Samsung products.

It will be facilitated from a state-of-the-art lab outfitted with six major Samsung appliances that was designed by the electronics giant and the college. The partnership will also see students using Samsung tablets and digital displays for the most innovative learning experience.

Brett Griffiths is the dean of trades, technology and design at VCC. He says with classes being taught by instructors who are Red Seal-certified and Samsung-trained with industry experience, the program is already generating interest from several appliance businesses and repair service companies.

"Successful students receive a certification from Samsung Canada and an award of achievement from VCC," he says. "So, the program will potentially open up many opportunities and pathways for students within the industry including: the ability to service Samsung customers more proficiently, increased knowledge of repairing Samsung products, which gives them an edge over other appliance repair technicians; and career growth like possible job advancement, wage increase, and more job opportunities."

Griffiths says the program will also aim to increase the number of qualified service technicians and Samsung brand ambassadors within Canada for Samsung home appliances, including the company's latest microwaves, refrigerators, ranges, dishwashers, washers and dryers.

To learn more about this offering, attend an information session on Sept. 14 at 6 p.m. at VCC's Broadway Campus in room 1227.

Health care work is in high demand and offers job security

In response to predictions by WorkBC, which collects employment statistics, that Canada's rapidly aging population will create more than 16,600 health-support worker job openings over the next 10 years, Pacific Coast Community College (PCCC) is making its health care assistant (HCA) program more accessible than ever.

"It's an important job and these stats mean job security," says Scott Jeary, PCCC president. "To ensure we are doing what we can to meet the demand, we are offering a $4,000 bursary towards the HCA program fees to anyone who is interested.

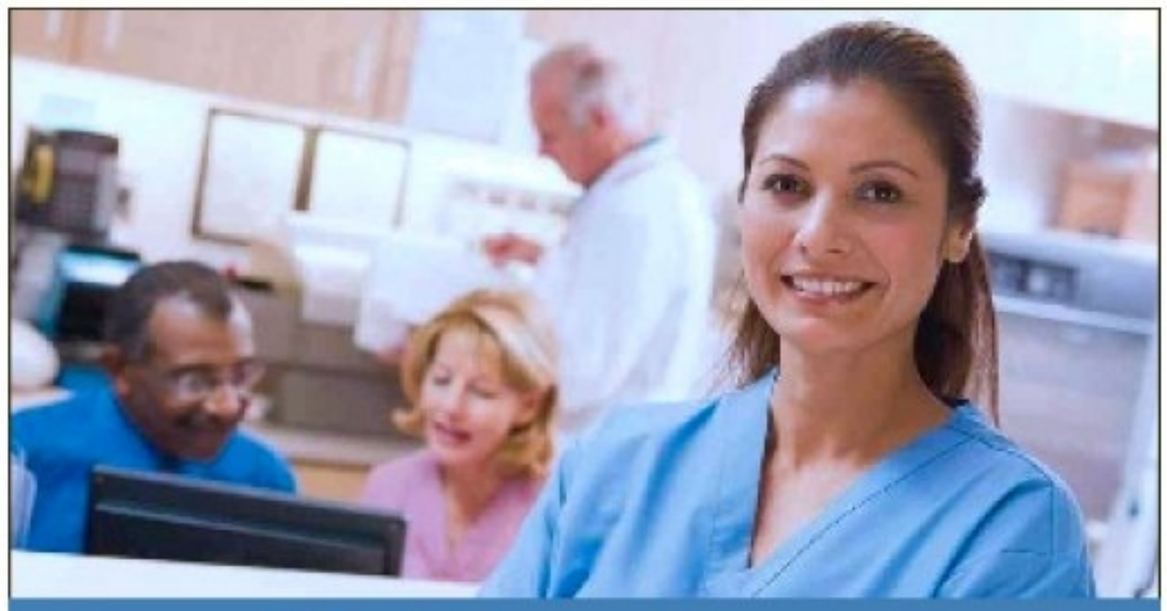
"We don't have a wait list because we have six yearly intakes, and we only have 12 to 15 students per class, so you are getting a lot of one-to-one from master's level registered nurses."

ISTOCK

In addition to the credential students receive upon completion of the HCA program, certificates such as CPR Level C and First Aid, WHMIS, FoodSafe and non-violent crisis intervention are also included.

And while health-care support jobs can yield a median salary of $45,589, Jeary says just as important is an understanding that when graduates get into the field they will be touching the lives of a wide range of people.

"It is a rewarding job," he says. "You're talking about caring for people. If you are going to be successful in the field, you have to want to help and be a caring individual."



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Pacific Coast Community College

PCTIA

Find a more rewarding career as a practical nurse

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Are you looking for a new career in a field where you can make a difference?

A career in nursing is one viable option for those in search of a new path that will give them a sense of purpose. It's well suited to those who are great with people and always looking for a new challenge. A career in nursing is well paid too. A licensed practical nurse in Vancouver makes a median wage of $25.50 per hour, according to jobbank.gc.ca.

As a practical nurse, you're on the front lines, not just helping treat medical conditions, but helping patients improve and maintain their health. The care you provide requires extensive skills and knowledge. These include pharmacology, health promotion and clinical decision making.

Every patient is different, requiring you to tailor your care to their emotional, physical and cultural needs.

Every workplace is different too. A practical nurse can work in many settings, including acute care hospitals, group homes and public schools.

If you're looking to start a career as a practical nurse, start with a great education program, such as the Practical Nursing Program at CDI College. The program provides extensive knowledge and skills training and includes clinical placements in the field. Graduates from the program become in-demand workers in a growing field.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

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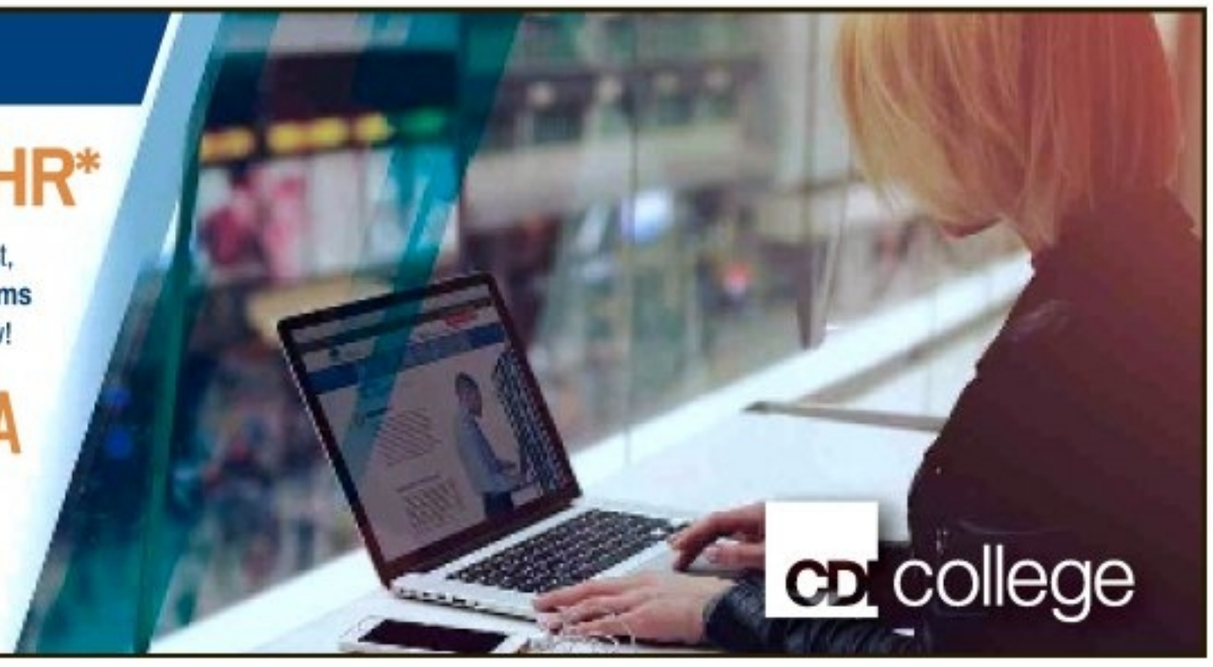
Financial assistance may be available to qualified applicants. | *jobbank.gc.ca



CDI college

Will my summer fling survive the school year?

ISTOCK

Summer lovin' happened so fast, and the inevitable return of September is threatening to snuff out your flame with the same speed. Whether you and your boo are attending different campuses, moving to different countries or studying in different classrooms, post-secondary can present a challenge to the most secure relationship.

So should you call it quits now or keep that connection alive throughout the school year?

"Realistically there is a high rate of break-ups when people return to their partners after Thanksgiving break," says Karl Hennig, professor of social and applied human sciences at Guelph University. "And the key is the availability of alternatives. When you have 300 to 500 students in a classroom, you suddenly have a large pool of candidates."

Hennig reminds us however that there are always exceptions to the rule, and that many relationships can survive an academic separation with an earnest effort from both parties.

"In adult literature on the topic, we find that long-distance relationships can be just as satisfying as any other," says Hennig. "It generally comes down to communication — being willing and committed to carving out time for one another in a busy schedule."

Laura Paget, a graduate of Carleton University, says she's grateful for having given her high school relationship a fighting chance throughout her first year, but equally thankful that she and her then-boyfriend chose to part ways.

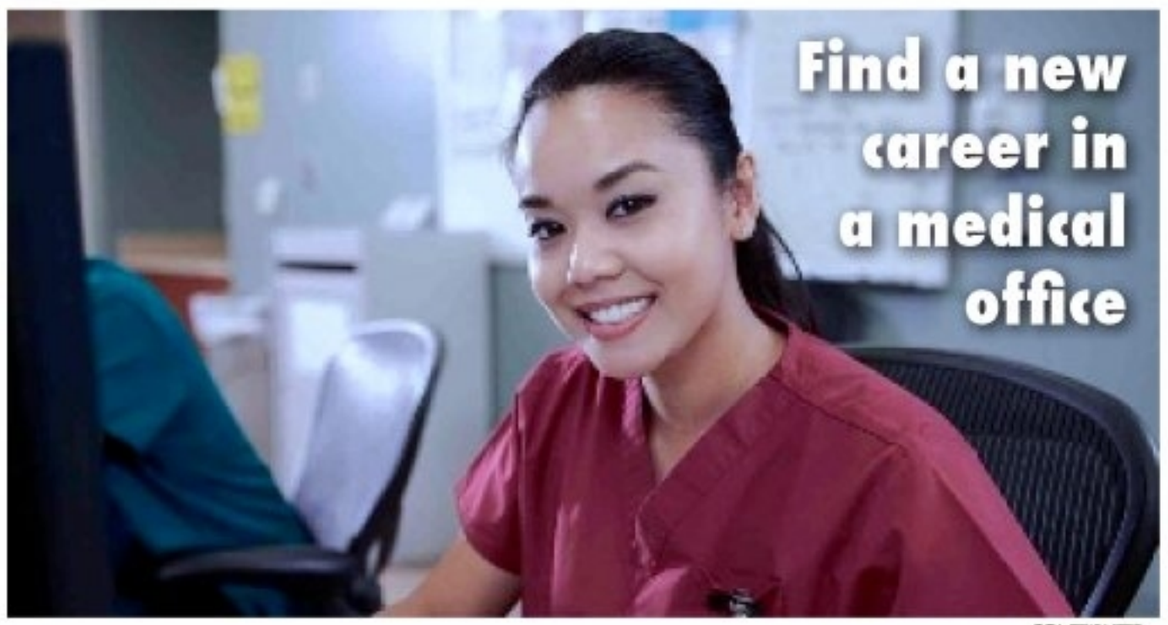
"At the time, being so young, I don't know that I had any real long-term expectations," she says. "We were having fun and when it wasn't fun anymore, we parted ways very amicably."

Paget went on to develop a close friendship with a fellow student in her third year of study, and the two recently celebrated their first anniversary as husband and wife.

"I think it's healthy to at least be open to the fact that while a door might be closing, a window is opening," says Hennig of the transition. "And remember that a closed door isn't necessarily a permanently closed door."

Hennig cites Facebook as a wonderful tool to promote reconnections with individuals, even decades after a relationship has come to an end.

"There's a great quote I read that says 'no one ever has to say goodbye in a world of social media," says Hennig. "I've met couples who have come back together after university and decided to get married. You just never know."



CONTRIBUTED

Finding a job you love is sometimes a lifelong pursuit as you develop your skills and learn about what you love to do.

If you've always wanted to find a career in the medical field, a job in a medical office may be for you. Medical secretaries in B.C. can earn a median wage of $21.63 an hour, according to jobbank.gc.ca.

The job is perfect for those with a strong skill set or interest in administration — organization, finances, office management and human resources — who also have an interest in medical science and in helping others.

As a medical office assistant, your day-to-day activities revolve around supporting the activities of doctors. Software skills are a must. You'll be supporting the office using software for medical transcription, record keeping, billing, and other specialized medical office activities.

A grasp of basic medical knowledge is also essential. A medical office administration professional maintains basic knowledge of pharmacology, clinical procedures, human anatomy and diseases, so that they can provide the office with informed support.

To get this training and knowledge, you can take a specialized educational program to bring you up to industry standards and make sure you hit the ground running.

The Medical Office Assistant program at Vancouver Career College is a great place to start.

Find out more about it at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

metro SPORTS

Soccer star Megan Rapinoe knelt for the national anthem Sunday before the Seattle Reign's game "in a little nod" to 49ers QB Colin Kaepernick

Canada clings to hope of playing in the next stage

WORLD CUP QUALIFYING

Men's national team needs help to advance past fourth round

Canada's men's soccer team still has a chance to qualify for the 2018 FIFA World Cup in Russia despite a 2-1 loss to Honduras on Friday.

Canada plays El Salvador at BC Place Stadium on Tuesday in the final game for both teams in the fourth round of qualifying.

Canada sits third in the Group 1 standings, with four points, three behind Honduras for second place. The top two teams from each group advance to the next round in the CONCACAF qualifying process known as "the Hex."

> **We just have to keep fighting and hopefully we get lucky and get results.**
> Cyle Larin

A win over El Salvador helps the Canadians, but they must also find a way to close a five-goal differential and hope that Honduras loses its final game against Mexico, which has already clinched its spot in the next round of qualifying.

Mexico and Honduras also meet on Tuesday.

"We know that if we go out there and we get a few goals … a lot can happen in football," said midfielder Atiba Hutchinson in a recent interview.

"The good thing is we've played some very good games here in Vancouver. Our performances have been pretty well. Our last result against Mexico (a 3-0 loss on March 25), maybe the score line didn't go the way we wanted but for bits and pieces in the first half of that game, we were kind of playing toe-to-toe with them."

Canada enters the match having battled El Salvador to a scoreless draw in November.

After starting this round with a 1-0 victory over Honduras back at BC Place on Nov. 13, 2015, the Canadians have gone without a win in their last four matches.

They have scored only two goals in the entire round.

Canada put itself in a good position by taking the lead in the first half against Honduras on Friday but they couldn't hold it.

That loss wasn't as disastrous as the 8-1 defeat in Honduras four years ago, but it was still a disappointing setback in Canada's bid to qualify for Russia.

Canada's **Tesho Akindele**, left, vies for the ball with Emilio Izaguirre of Honduras in San Pedro Sula, Honduras, on Friday. ORLANDO SIERRA/AFP/GETTY IMAGES

"I think we're already trying to put that past us," said Hutchinson. "We're just looking forward. We're really just focused on the next game coming.

"Obviously that game is done. There's not much we can do about that now, so it's time to just start looking forward. The best part about it is we believe we can do it. We feel we can go out there and win the game and maybe we'll get a few goals to help us out."

Canada needs to win at home, then, depending on the score against El Salvador, the Canadians would need Mexico to defeat Honduras, perhaps by as many as five goals or more.

If Canada and Honduras end the round tied in points, goal differential and goals for, Canada would hold the tiebreaker and advance to the next round because of their away goal in Honduras. THE CANADIAN PRESS

IN BRIEF

Kosovo nets point vs. Finns

The most significant goal in Monday's nine World Cup qualifiers in Europe came from a Kosovo player only given permission to make his debut for soccer's newest country hours before taking to the field in Finland.

By converting the penalty, former Norway midfielder Valon Berisha ensured Kosovo's first competitive match since gaining FIFA membership in May ended in a 1-1 draw, securing a point in Group I at the start of an improbable journey to reach the 2018 World Cup in Russia.

THE ASSOCIATED PRESS

Lane follows Kaepernick's lead in anthem protest

Seattle Seahawks defensive back Jeremy Lane says he will continue to sit for the national anthem when the regular season begins Sunday at home against Miami.

He sat during the anthem in the Seahawks' final preseason game last Thursday.

THE ASSOCIATED PRESS

Ellsbury leads Bronx Bombers past Blue Jays

Jacoby Ellsbury overcame a first-inning deficit against R.A. Dickey with a two-run homer on the knuckleballer's third pitch of the game, then added an RBI single to lead the Yankees over the Toronto Blue Jays 5-3 Monday in New York.

THE ASSOCIATED PRESS

U.S. OPEN

Serena sinks another wins record

Serena Williams now owns more victories in Grand Slam matches than anyone else in tennis' Open era, surpassing Roger Federer with her 308th.

So, Serena, who'll wind up with more?

"I don't know. We'll see," Williams said during her on-court interview after reaching the U.S. Open quarter-finals by beating Yaroslava Shvedova 6-2, 6-3 on Monday.

"Hopefully we'll both keep going," she added. "I know I plan on it. I know he does. So we'll see."

Federer turned 35 on Aug. 8. Williams turns 35 on Sept. 26.

Williams' very first win at a Grand Slam tournament came way back when she was 16, a 6-7 (5-7), 6-3, 6-1 victory over Irina Spirlea in the first round of the Australian Open on Jan. 19, 1998. Williams' first loss at a major came in her next match, which happened to come against older sister Venus.

Serena Williams
GETTY IMAGES

Nearly two decades later, through plenty of highs and lows, from championships to health scares, the younger Williams is still at it — and still winning.

"It's a huge number," she said about getting to 308. "I think it's very significant, actually. I think it's something that just really talks about the length of my career, in particular. I've been playing for a really long time. But also, given that consistency up there — that's something that I'm really proud of."

Over her career, she is 308-42 at the majors, for a winning percentage of .880. Here's the victory breakdown: 88 at the U.S. Open, 86 at Wimbledon, 74 at the Australian Open, 60 at the French Open.

THE ASSOCIATED PRESS

Awestruck to awesome

RIO2016

Quebec's Rivard eyes medals 4 years after breakout

Aurelie Rivard describes herself as a totally different person in the four years since her Paralympic debut.

Now 20 years old, the St-Jean-sur-Richelieu, Que., native enters the Rio de Janeiro Games as a favourite in the pool.

"When I was in London, I was only 16 years old, I was a kid, I didn't know what to expect," Rivard said prior to leaving for Brazil. "I was going there like totally clueless, I was so impressed by everything, so amazed, I was just there to get some experience.

"Now I'm kind of the girl to beat. It adds a little bit of pressure as well, but I really just want to go there and have the best swim meet of my life and hopefully bring medals home."

Rivard has developed into one of the best para-swimmers in the world since the 2012 London Games. She claimed five medals at the 2013 world championships in Montreal and collected a bronze at the 2014 Commonwealth Games. Last summer she won two gold and four total medals at the world championships, breaking Canadian records in the 50- and 400-metre freestyles.

Rivard topped off her impressive 2015 with six gold and one silver at the Parapan Am Games in Toronto, which included a world record time of 59.17 seconds in the S-10 100 freestyle final.

Rivard took silver in the 400 freestyle in London and said she has learned to trust herself and have more self-confidence since.

"I used to be a little girl, super tiny and shy and so impressed by the whole world," Rivard said. "I thought everybody was better than me and everybody believed in me but me."

Canadian para-swimming head coach Craig McCord sees a different maturity and confidence in his young prodigy. He remembers a girl from when they first met in 2010 that "if you said boo to her, she would have cried."

Not anymore.

"I have full confidence that she will rise to the occasion when the chips are down here as we head into Rio," McCord said. "She's got her work cut out but I'm more than confident of her."

Veteran para-swimmer Benoit Huot, who will be competing in his fifth Paralympics in Rio, also has high hopes for Rivard.

"Hopefully she'll be around for the next 10 years and she's going to have an amazing Games, I'm positive," Huot said.

Rivard, who has an impairment with her left hand, has set a goal of beating all her personal records in Rio. The majority of those records were set at the Parapans in 2015.

Aurelie Rivard
GETTY IMAGES

THE CANADIAN PRESS

IN BRIEF

McIlroy on winner's board

A new putting coach. A new putter. The old Rory McIlroy.

McIlroy rallied from six shots back Monday and closed with a 6-under 65 for a two-shot win in the Deutsche Bank Championship, his first victory this year on the PGA Tour. THE ASSOCIATED PRESS

Stamps stay hot vs. Esks

The Calgary Stampeders extended their unbeaten streak to nine in a row with a 45-24 win over the Edmonton Eskimos in Monday's Labour Day game.

CFL pioneer Kwong passes away at age 86

The China Clipper sailed to the rescue of more than one professional sports team — as a bruising football fullback, a tenacious front-office manager in the CFL and part-owner of his hometown hockey squad, the Calgary Flames.

Norman Kwong, who was the first Chinese Canadian to play in the CFL and who later served as Alberta's lieutenant governor, died Saturday at the age of 86.

THE CANADIAN PRESS

RECIPE Mini Turkey Meatloaves

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There is so much to love about these wee meatloaves from their healthy mixture of ground turkey, oats and veggies to the fact they pack up nicely in the freezer.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.

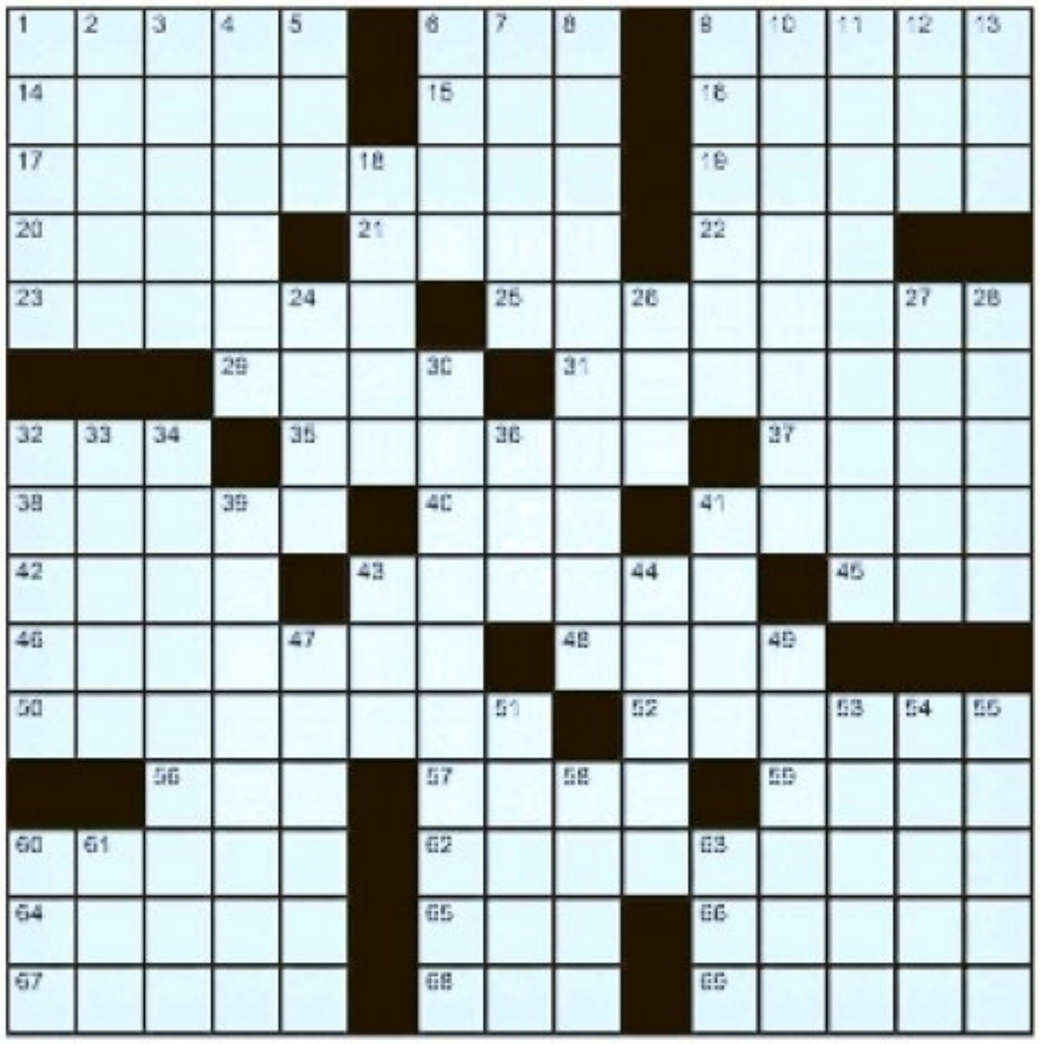
2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.

3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Trudges
6. Samantha _? (2007 to 2009 comedy series starring Christina Applegate)
9. He was a Titan
14. Ms. Linney
15. Poetic occurrence
16. Jokes-filled celebrity tribute
17. Mindful/considerate
19. Devil
20. Computers: Prefix to 'byte'
21. Like _ _ not...
22. Notes _ _ Scandal (2006)
23. Excused from
25. Nonchalantly
29. Water bird
31. BC: _ Mountains Provincial Park
32. Unhappy
35. Actually
37. Reclined
38. Prefix to 'comedy' (Theatrical genre)
40. Also
41. "So _ _ a song of love, Julia." - The Beatles
42. "The Simpsons" bus driver
43. _-_ Clan (Hip-Hop group)
45. 'Legal' suffix
46. More churned
48. Bagpiper's outfit piece
50. Dutch painter, Piet _ (b.1872 - d.1944)
52. Defends
56. Crete's country, curtly
57. Rich
59. Don Juan type
60. Electric shavers name
62. Thankfulness
64. Thicket
65. Request
66. Shock weapon
67. Second-year students, briefly
68. Observe
69. Skirt alternative

DOWN
1. _ glass windows
2. Disposable gloves material
3. Off-the-wall
4. Imagined
5. _ Antonio, Texas
6. Speck
7. Mayhem
8. Part of organist The Phantom's attire: 2 wds.
9. Zeal
10. They're part of a mani-pedi spa treatment
11. Vacation destination in the Charlevoix region of Quebec that's home to the Fairmont Le Manoir Richelieu resort (TRIVIA! 1909 to 1913 US President William H. Taft owned a place there): 2 wds.
12. Mount _ (Volcano of Japan)
13. RR depot
18. Book's name, en francais
24. Ms. Gilpin of Frasier
26. Pronounce
27. Butcher offerings
28. Toronto's long street
30. Energy source found deep within sedimentary rock layers: 2 wds.
32. Wild whack of weather
33. Star Wars: _-Detoo
34. Tinder, e.g.: 2 wds.
36. Hollywood workplace
39. 1970 Neil Young album: 'After the _ _'
41. 'Snow house' in Inuktitut
43. Dynasty of China
44. 'N' of SNL
47. Singer Ms. Cara's
49. Seafood side serving, _ sauce
51. _ back to health
53. Inspire with spirit
54. Fellows
55. Clairvoyants
58. Objective/reason
60. Ancient yrs.
61. Pal of Tigger
63. "_ better be!"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to introduce reforms and improvements at work. Don't hesitate to make a suggestion. You might even see ways to improve your own health.

Taurus April 21 - May 21
You have a lot of energy to play, as well as to approach creative projects. Some of you might attract a powerful person in a romantic situation. An interesting day!

Gemini May 22 - June 21
Family discussions will be intense. But the intention will be to try to improve something at home, especially in areas related to bathrooms, laundry, recycling and plumbing

Cancer June 22 - July 23
You are very convincing today! This is a powerful day for those of you who sell, market, teach, act or write for a living. Nobody stands a chance against you!

Leo July 24 - Aug. 23
You might see new ways to earn money today. You also might see new uses or applications for something that you already own.

Virgo Aug. 24 - Sept. 23
Take a realistic look in the mirror today and ask yourself what you can do to improve your image. (You never get a second chance to make a first impression.)

Libra Sept. 24 - Oct. 23
This is an excellent day for research of any kind. You will instinctively go for the jugular and find what you're looking for.

Scorpio Oct. 24 - Nov. 22
If you work with someone today, your combined efforts can introduce improvements or help those who are less fortunate. You might meet someone very powerful.

Sagittarius Nov. 23 - Dec. 21
Be careful in all your dealing with bosses and authority figures, because they will be intense. This is not the day to go out on a limb unless you have done your homework

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues are intense. However, you will start to see something with a fresh eye.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and debt will be powerful today, but things will be resolved. Keep the faith that you can improve something, even a financial relationship.

Pisces Feb. 20 - March 20
Conversations with partners and close friends are serious today. However, there is a possibility of scrutinizing a relationship with the intention of improving it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		7		8		5	
		1				8		
	2						1	
		9	2		4	3		
		7				2		
		8	9		6	1		
	5						4	
		6				5		
	9		1		2		6	

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2	9	5	3	1	4	6	7	8
4	8	1	7	6	2	3	5	9
7	6	3	8	9	5	4	2	1
9	5	2	4	3	7	8	1	6
1	3	8	6	2	9	7	4	5
6	7	4	5	8	1	9	3	2
5	4	6	1	7	8	2	9	3
8	2	7	9	5	3	1	6	4
3	1	9	2	4	6	5	8	7

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